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SEE HER (LITERALLY) SING IN THE PAPER WITH OUR NEW AUGMENTED REALITY (AR) TOOL PAGE 5

One rockin' night

Ryan Tedder of One Republic performs at the Juno Awards at MTS Centre Sunday. For all your Juno coverage, see page 2, and use Metro's new Augmented Reality feature to view a photo gallery of winners from the Juno gala and the red carpet on page 9.

JOHN WOODS/THE CANADIAN PRESS

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See inside

NEWS

Winnipeg does the Juno Awards show

While the Juno Awards broadcast was the big finale, there were all sorts of other events this past weekend in Winnipeg. And Metro was there for all of it— from interviews with top musicians to a psychedelic stage reveal to a mix of music and hockey.

ELISHA DACEY
elisha.dacey@metronews.ca

1 Snug hug. Juno hosts Johnny Reid and Serena Ryder hug before scrumming with the media on Friday at the MTS Centre. ELISHA DACEY/METRO

2 Selfie queen. Canadian music legend Ron Sexsmith seflies with reporter Shelley Cook after an interview on Friday. Read her story, and see several other stories and photos about this weekend's events at metronews.ca. ELISHA DACEY/METRO

3 Stage presence. Tegan and Sara rehearse after the Juno stage reveal to media in Winnipeg Friday. JOHN WOODS/THE CANADIAN PRESS

4 Heavy win. Justin Rutledge celebrates his Juno Award for Roots and Traditional Album of the Year: Solo during the Juno Gala in Winnipeg on Saturday. JOHN WOODS/THE CANADIAN PRESS

5 Cup runneth over. The Rockers Jim Cuddy (7) from Blue Rodeo and Amanda Rheaume (16) celebrate Rheaume's penalty shot goal against the NHL Greats during first period Juno Cup action in Winnipeg Friday. JOHN WOODS/THE CANADIAN PRESS

Air ambulance

STARS praised in Alberta, criticized in Manitoba

The helicopter ambulance service known as STARS has been lauded in Alberta for decades as an essential life-saver, but has been criticized and even grounded in Manitoba over patient care concerns.

The reasons for the difference are far from clear as the non-profit agency is providing the same service in all three Prairie provinces.

The Manitoba government grounded STARS (Shock Trauma Air Rescue Service) in December for three months after three patients were thought to have been deprived of oxygen. One woman died in late November.

Manitoba's auditor general mentioned in a recent report that the service had been cleared by a review of several cases last year.

That review, by Manitoba's medical director of ground ambulance service, found "no evidence of pervasive substandard patient care." It also said there were no deficiencies in reporting or quality assurance.

The finding stands in sharp contrast to a review of 10 cases a few months earlier by the medical director of air services, which said there was "evidence of serious patient concerns and infractions."

STARS is rarely called in Manitoba, despite a $10-million-a-year contract. It flew 177 missions last year compared with 821 in Saskatchewan and almost 1,700 in Alberta. STARS has agreed to work with the new oversight committee and to address training concerns.

THE CANADIAN PRESS

Men allegedly took pics of 11-year-old girls

Winnipeg police are asking for information on two men who allegedly took pictures of two 11-year-old girls at an Elmwood playground.

Police said the incident took place in the area of Riverton and Talbot avenues at about 2:45 p.m. on Wednesday afternoon.

The men were observed to be smoking inside a vehicle and watching several children playing before taking pictures of the girls, police said.

Police added no contact was made between the men and the children.

The driver is described as a Caucasian man, between 40 and 50 years old.

He is five-foot-eight, with an average build and grey/blond hair.

He was wearing blue jeans and a beige-coloured winter jacket with a white-coloured wool collar.

The second suspect, the passenger in the vehicle, is described as a Caucasian male between 40 and 50, about five-foot-10-inches tall, who wore a dark-coloured hat and a beige-coloured winter jacket with a white-coloured wool collar.

The suspects' vehicle is described as a newer model, red-coloured four-door car similar to a Chevrolet Impala.

Police ask anyone with information to call investigators at 204-986-2857.

Those with info can also call Crime Stoppers at 204-786-TIPS (8477). METRO

Sargent Ave. Boy forced to flee from strangers: Cops

A 12-year-old boy had to flee from an unknown man and woman while on his way home from school, Winnipeg police said.

The incident happened at about 3:25 p.m. on Thursday in the area of Sargent Avenue and Erin Street, when the boy was walking eastbound on Sargent, police said, adding a man and woman asked the boy where he was going and then reached towards him.

The boy then fled back to his school, where he told staff what had happened.

The suspects are both described as aboriginal in appearance, with the man about 32 years old, five-foot-five-inches tall, with a medium build, short black hair and moustache.

He was wearing a black sweater and black sweatpants.

The female suspect is described as about 29 years old, five-feet tall, with a slim build and shoulder-length black hair. She was wearing a black sweater. METRO

Renovated south Winnipeg pool now more accessible

Pool hopping. Former lifeguards excited about the facility's renovations, which cost $1.4 million

BERNICE PONTANILLA
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A south Winnipeg pool that underwent $1.4 million in renovations will be even more accessible to vulnerable Winnipeggers, said two former lifeguards and swim instructors.

Ruth Burke and Ruth Tryhuk, who each spent 20 years at the Margaret Grant Pool as lifeguards and instructors and continue to swim there, said the upgrades to the Fort Richmond facility are marvellous.

"It's beautiful, new and clean," said Burke following a re-dedication ceremony on Friday, adding that two new unisex special-needs change rooms have been installed.

Coun. Justin Swandel, left, and Mayor Sam Katz chat before the re-dedication ceremony for the Margaret Grant Pool in Fort Richmond. BERNICE PONTANILLA/METRO

"The building just needed upgrading, everything, the tile is all new, the walls are painted, the pool is all redone, and all of this was really needed because the place was old."

Tryhuk said the pool is a "marvellous asset" to the local community.

Mayor Sam Katz and St. Norbert Coun. Justin Swandel were also on hand for Friday's ribbon-cutting ceremony.

"As you can see, it's been modernized. It's bright; it's accessible," said Katz.

"The $1.4 million dollars that has been spent here … has certainly made a major difference and from what I've been told, it's already seen an impact. More people are using this wonderful facility."

The Margaret Grant Pool is one of a handful in Winnipeg that offers warm water to swim in, making it popular for programs aimed at elderly and special needs swimmers.

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Quebec

PQ leader pushes values charter at 'secular brunch'

The Parti Quebecois is trying to turn attention toward its charter of values, with Leader Pauline Marois headlining a "secular brunch" Sunday, featuring supporters of the proposal.

Janette Bertrand, a well-known feminist and head of a pro-charter group, said accommodation of religious minorities threatens to erode the equality between men and women.

Djemila Benhabib, a staunch anti-Islamist and a PQ candidate, also attended the brunch. The PQ's charter of values would ban public sector employees — including teachers and daycare workers — from displaying or wearing religious symbols such as the hijab.

THE CANADIAN PRESS

Parliament Hill

Victims' rights bill expected in 'next few days'

A long-promised victims' bill of rights is about to be introduced in Parliament, driving a potential political lightning rod into the House of Commons.

Justice Minister Peter MacKay said Sunday he looks forward to delivering on the throne speech commitment "over the next few days."

The proposal, when it appeared in last fall's speech, drew a swift response from legal advocates — notably the John Howard Society, which described the notion as a return to "medieval" justice and a distraction from the real problems facing the system.

THE CANADIAN PRESS

Frozen embrace to honour tragic centennial

A clay version of a sculpture depicting Reuben Crewe embracing his son Albert John is displayed. In 1914, Crewe and his son set out on the ill-fated voyage of sealing vessel SS Newfoundland. In a fierce storm, they ended up stranded miles from their ship and were later found frozen together on an ice pan, the boy's head tucked against his father's chest as he died. Their embrace will be immortalized in a bronze sculpture as part of ceremonies Monday and later this spring to mark 100 years since the disaster.

FRANK GOGOS/NEWFOUNDLAND BRONZE FOUNDRY/THE CANADIAN PRESS

Medical marijuana users worry they'll have to break the law

Pot problems. Some patients argue new system will deny them safe, affordable supply

They might have a temporary reprieve, but pain-stricken Canadians who grow their own medical marijuana say they may soon face a difficult choice: Go without the weed they need or break the law to get it.

A Federal Court judge recently granted an injunction that allows thousands of patients to continue cultivating their own marijuana at home, or designate someone to grow it for them — at least until their legal challenge of planned new rules can be argued more fully.

But the federal government is determined to change the system, even if Tuesday's full-fledged launch will be delayed.

If the courts ultimately reject the legal challenge to the plan led by several home growers, anyone other than a licensed producer cultivating pot would be breaking the law.

Still, some medical-marijuana patients argue the new system will deny them a safe, affordable supply of the particular strains of marijuana that make their often debilitating conditions bearable.

Alison Myrden of Burlington, Ont., says she cannot afford to switch to a licensed producer. A former Ontario correctional officer, Myrden is used to playing by the rules. "I don't want to break the law."

Others say they will have little choice if the Federal Court upholds the new system. THE CANADIAN PRESS

Politics. Top Conservative operative resigns amid nomination controversy

The Conservative party's top operative and campaign organizer Dimitri Soudas resigned Sunday amid a controversy over his fiancée's nomination bid in a suburban Toronto riding.

Riding association presidents received a sudden email from party president John Walsh late Sunday evening informing them of the departure.

Soudas is close to Prime Minister Stephen Harper, and had left a senior post at the Canadian Olympic Committee in December to help with the party's 2015 election preparations.

THE CANADIAN PRESS

Prince Edward Island. Residents urged to come together after deadly fire

Residents of a Prince Edward Island town were told Sunday to support one another following the deaths of three young people whose bodies were found inside an abandoned building in Charlottetown after a fire Saturday morning.

Rev. Gerard Chaisson said he told parishioners Sunday about the need to come together during such tragedy.

"I said in this time of darkness for the whole community, this time of struggle and suffering, that we have to look for the light in the whole situation, for glimpses of hope," said Chaisson.

"So many people have been affected."

THE CANADIAN PRESS

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Augmented Reality.
Wish you could watch Italy's singing nun belt out Alicia Keys right on the page?
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FERNANDO CARNEIRO
National Deputy Editor
fernando.carneiro@metronews.ca

If, like me, you were amazed by the newspaper in Harry Potter where the images come to life, you're going to love today's edition of Metro.

It's not magic, it's AR — augmented reality.

Use your phone or tablet to scan over images or text marked with the AR symbol to unlock movie trailers, photo galleries, interactive polls and more.

Starting today, look for the AR symbol, at right, in the pages of Metro.

metro AR HOW TO MAKE IT HAPPEN

1 Get the APP

All you need is the Metro News app. If you don't have one, get yours free at the App Store. If you already have the Metro app, upgrade it today. Then look for the AR symbol throughout your paper.

2 Scan the Pic

At right is an image of Italy's latest singing sensation. Open your Metro News app and click on the Metro AR icon at the top right of the screen to go into scan mode. Scan the photo with your phone.

3 Watch the Video

Sister Cristina Sciuccia belting out an Alicia Keys hit song will come to life on your screen. As you move the paper, the video stays put. For a stand-alone experience, close the paper — and pump up the volume.

YOUTUBE

The fact is, it doesn't matter what you choose. All beverage containers are recyclable, regardless of what's inside. So whether it's a bottle, can, carton or juice box, be sure to drop it in a blue bin after you're done.

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See that symbol? It means you can scan this image with your Metro mobile app to see a photo gallery of the operation in the Mare slum complex.

Police occupy Rio slum ahead of World Cup

A couple walks past a navy armoured vehicle during an operation to occupy the Mare slum complex in Rio de Janeiro on Sunday. More than 1,400 police officers and Brazilian Marines rolled into the area near Rio's international airport before dawn Sunday in the latest security push ahead of this year's World Cup. Not a shot was fired as the Mare complex became the latest impoverished area to see security forces move in and try to push out heavily armed drug gangs that have ruled Rio's shantytowns for decades. To see a photo gallery, scan the image above using the Metro AR feature on the Metro mobile app.

LEO CORREA/THE ASSOCIATED PRESS

Russia recommends Ukraine federation as Kerry, Lavrov meet

Sunday's meeting. Diplomatic talks proceed while Russia deploys troops along border

U.S. Secretary of State John Kerry, left, shakes hands with Russian Foreign Minister Sergey Lavrov before the start of their meeting.

JACQUELYN MARTIN/THE ASSOCIATED PRESS

Russia on Sunday set out demands for a diplomatic resolution to the crisis in Ukraine, saying the former Soviet republic should be unified in a federation allowing wide autonomy to its various regions as U.S. Secretary of State John Kerry and Russian Foreign Minister Sergey Lavrov met in Paris in another bid to calm tensions.

After a brief call on French Foreign Minister Laurent Fabius, Kerry sat down with Lavrov at the residence of the Russian ambassador to France to go over Moscow's response to a U.S. plan to de-escalate the situation as Russian troops continue to mass along the Ukrainian border.

The men said nothing of substance as they shook hands, although after Kerry ended the photo op by thanking assembled journalists, Lavrov cryptically added, in English, "Good luck, and good night."

Appearing on Russian television ahead of his talks with Kerry, Lavrov rejected suspicions that the deployment of tens of thousands of Russian troops near Ukraine is a sign Moscow plans to invade the country following its annexation of the strategic Crimean peninsula.

THE ASSOCIATED PRESS

More players in exchange-traded fund game a win for consumers

HOW TO ROLL
Alison Griffiths
metronews.ca

When a business Goliath starts feeling vulnerable, what happens? Out comes the chainsaw! Canada's largest exchange-traded fund (ETF) provider, Blackrock Asset Management Canada, a.k.a. iShares Canada, has just slashed management fees on nine of its funds.

This is excellent news for those who invest passively. Passive or index investing using ETFs has long been proven to be a winning strategy for retail (i.e. you and me) investors.

ETFs simply track or mimic an index such as the S&P/TSX Composite. The fees are extremely low compared to mutual funds.

Not long ago, there was just a handful of ETFs in Canada. Today there are nearly 300. While the plethora of ETFs has produced a more confusing landscape for investors, there's now far more choice. Though the iShares behemoth still dominates with nearly 66 per cent of the market, its share is down from almost 72 per cent a year ago.

In response to ETF competitors, iShares is chopping fees. The biggest beneficiary is the iShares S&P/TSX Capped Composite Index (XIC) with an 80 per cent decline from 0.25 per cent to 0.05 per cent. The popular hedged and non-hedged U.S. ETFs that track the S&P 500 Index, XSP and XUS, have dropped from 0.22 and 0.14 per cent to 0.10 per cent each.

In contrast, the fee range for a Canadian mutual fund holding larger U.S. or Canadian companies is between about 1.9 and 2.6 per cent.

Fees have a huge impact on your bottom line. Let's say you have $50,000 in an RRSP with a 2.2 per cent annual management fee (MER).

At a return of five per cent over 15 years with no new contributions, you will have $74,455 after paying $21,000 in fees. The opportunity cost, or the money you lose by not having the fees working for you, is $8,492.

Contrast this to an ETF with an MER of only 0.10 per cent. The total return is $102,398 and only $1,124 has gone to fees. The opportunity cost is just $424.

ETF fees are already low but iShares' move means more money in the pockets of index investors.

A buffet of exchange-traded funds for Canadians to choose from means keeping more money in your pocket. ISTOCK

Canadian connection

Some top Canadian ETF providers include:

- **BMO Asset Management:** www.etfs.bmo.com
- **First Asset:** www.firsttrustetfs.ca/etfs
- **Horizons Exchange Traded Funds:** www.horizonsetfs.com
- **Invesco Limited (PowerShares):** www.invesco.ca
- **iShares by Blackrock:** ca.ishares.com/home.htm
- **RBC Global Asset Management:** funds.rbcgam.com/etfs/
- **Vanguard Group:** www.vanguardcanada.ca

Growing high expectations

From the outside, there's little to distinguish MediJean Distribution Inc.'s headquarters from the unremarkable office complexes and warehouses that surround it in a sprawling slice of industrial suburbia near Vancouver.

Inside, however, the picture is unlike anything else around it. The company is putting the finishing touches on a massive hydroponic operation as it joins a lucrative new industry made possible by Health Canada's overhaul of the country's medical pot system.

One of the facility's growing rooms is already home to dozens of maturing green plants of various strains, and it will soon house many more. The concrete vault is empty, but it will eventually be filled with dried marijuana ready to be shipped across the country.

In contrast to the stereotypical grow-ops of movies and TV newsreels, the facility has a sterile laboratory feel, which is precisely the point.

THE CANADIAN PRESS

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ADDICTED TO CRACK, ER, CONCRETE

URBAN COMPASS

Colin Fast
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City council has a substance abuse problem.

No, councillors haven't followed in the footsteps of Rob Ford. This problem is actually far more insidious, way more expensive, and the impacts can be felt for many lifetimes.

They're addicted to concrete.

The city can't get enough of the stuff. Over the past decade, it has added hundreds of kilometres of new roadways in developments like Waverley West and Sage Creek, and through major projects like the Chief Peguis Trail extension or the 46 turning lanes that guide drivers into Ikea.

And the Transportation Master Plan includes $2 billion of future road construction, mostly to benefit future developments.

Meanwhile, the existing roads continue to crumble, and existing residents are getting increasingly fed up.

According to Probe Research, infrastructure recently overtook crime as the number one issue among Winnipeggers. And given the coming potholemaggedon this spring, the complaints are only going to grow.

City councillor/unofficial mayoral candidate Scott Fielding thinks he has the answer. He wants to cancel the $600 million bus rapid transit plan (which actually includes $175 million in related road and sewer replacement costs), and redirect those funds toward "fixing our existing and needed roadworks" instead.

Trouble is that Fielding's plan includes a list of $639 million in new roads and underpasses, and doesn't actually include anything to fix existing roads. Building new roads takes money away from existing ones, and cancelling transit improvements increases the demand for more roads.

That's not to say we can't look at the BRT plan for efficiencies — like avoiding long dogleg routes through the middle of nowhere — but reducing the number of cars on the road is ultimately good for the road.

There's really only one solution to the pothole problem: city council needs to go cold turkey on the concrete. To fix the old roads, we have to stop building new ones; it's the only way we're ever going to catch up.

This isn't just a left-wing, environmental argument. It's also a conservative, economic one.

Every time the city expands, the cost of running it goes up. And it's not just new roads, but garbage and recycling pickup, police and fire service, recreation centres and libraries, too.

As for the argument that new development will pay for all those costs, that's just another lie from the concrete junkies.

On the other hand, if you contain the size of the city, then you contain operating costs and tax increases.

This is why smart growth should be as important to politicians with blue or red lawn signs as it is to those with orange or green ones.

If council really wants to get serious about fixing the roads, then it can change zoning and tax policies to encourage more compact development. It can invest in alternative transportation.

And more than anything, it can lay off the new roads. That stuff will rot your city.

MetroTube

On two legs, life's a beach

ANDREW FIFIELD
metronews.ca

Washington's Panda Paws Rescue does a lot of wonderful work rehabbing animals with serious medical needs that may otherwise go neglected.

They also happen to be home to Duncan Lou Who, a real-life boxer version of the Google Street View half-cat.

Duncan, who seems to love nothing more than a little beach romp paired with a touch of heart-melting tenacity, experiences the beach for the first time in this video. Visit pandapawsrescue.org.

The YouTube video of Duncan Lou Who has over 1 million views. YOUTUBE SCREENGRAB

METRO AUGMENTED REALITY

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This issue, you can find AR enhancements on page 6 in News, page 9 in Scene, page 12 in Life and pages 17 and 18 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

ZOOM

Riot-inspired art decorates Greece

DIMITRI MESSINIS/THE ASSOCIATED PRESS

Graffiti proliferates with lax laws

Artwork by Indonesian-born street artist WD, inspired by a news photograph from recent riots in Istanbul, Turkey, is seen in central Athens. Anti-government demonstrations in Greece have inspired local street artists as the country struggles to emerge from a six-year recession. The inscription on the wall is a quote from Argentine revolutionary Ernesto (Che) Guevara.

Greece has attracted international street artists to its capital, due to the availability of commissioned work and relatively lax anti-graffiti law.

THE ASSOCIATED PRESS

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See that symbol? It means you can scan this image with your Metro News app to see more photos from this weekend's Juno awards gala and red carpet.

SCENE

Hat trick for Tegan and Sara, doubles for Ryder, Arcade Fire

Juno Awards. Ryder thanks mom and dad for paying the bills while she wrote and recorded in her bedroom

Tegan and Sara's pop makeover Heartthrob set the 43rd Juno Awards swooning, Arcade Fire made its presence felt from almost 10,000 kilometres away while decorated co-host Serena Ryder worked overtime to keep things smooth in the Prairies on Sunday night.

With wins for group, pop album and single of the year — the skydive-thrilling Closer, performed to perfection during the show with help from Toronto's Choir! Choir! Choir! — Calgary-reared twins Tegan and Sara managed a field-leading three wins, after having been shut out in five career nominations prior to this year.

"When we asked our parents if we could play music instead of go to university, they were really mad at us," said Tegan, 33. "And they agreed to let us do that for a couple years, and somewhere in all of that, we signed a record deal with Neil Young and Elliot Roberts."

Still, the greatest honour of the night was reserved for Arcade Fire, whose difficult double-disc venture Reflektor mirrored their achievement of three years ago by claiming album of the year.

The Montreal rockers, who also took alternative album of the year, were off in Santiago, Chile at a Lollapalooza gig but managed to submit one of the evening's more interesting visual performances, a macabre pre-taped take on Afterlife delivered in lush monochrome..

Ryder was named both artist and songwriter of the year — giving the 31-year-old an impressive six-Juno career haul.

"Holy cow, I really didn't expect to win this but I'm so honoured. Thank you guys so much." THE CANADIAN PRESS

Serena Ryder accepts her award for songwriter of the year. Not only did she pick up an earlier Juno for artist of the year, she also co-hosted the awards show with rapper Classified and country artist Johnny Reid. THE CANADIAN PRESS

And the winner is ...

A partial list of winners at the 43rd Juno Awards::

- **Juno Fan Choice award.** Justin Bieber
- **Country album of the year.** Dean Brody, Crop Circles
- **Rap recording of the year.** Drake, Nothing Was the Same
- **Breakthrough group of the year.** A Tribe Called Red
- **Rock album of the year.** Matt Mays, Coyote
- **Breakthrough artist of the year.** Brett Kissel
- **Adult alternative album of the year.** Ron Sexsmith, Forever Endeavour
- **Alternative album of the year.** Arcade Fire, Reflektor
- **Dance recording of the year.** Armin van Buuren & Trevor Guthrie, This Is What It Feels Like
- **Electronic album of the year.** Ryan Hemsworth, Guilt Trips
- **Metal/hard music album of the year.** Protest the Hero, Volition
- **Reggae recording of the year.** Exco Levi & Kabaka Pyramid, Strive

Tegan and Sarah celebrate their Juno Award for pop album of the year. JOHN WOODS/THE CANADIAN PRESS

For a full list and more coverage, visit metronews.ca.

Resting up

Thicke a no-show

Robin Thicke

Robin Thicke pulled out of the Juno Awards.

The Blurred Lines singer said he cancelled his performance because he'd been placed on mandatory vocal rest. THE CANADIAN PRESS

Couple strike the right chord ... Kreviazuk and Maida working on album

Musical husband-and-wife team Chantal Kreviazuk and Raine Maida are working on an album together. The pair spilled the news to Metro Winnipeg on Friday before Sunday's JUNO Awards Broadcast, where they received the Allen Waters Humanitarian Award for their charity work.

Kreviazuk said she and Maida, frontman for Our Lady Peace, have been performing together for charity fundraisers and other events for the past few years and an album is the next step. She had no details on when it would be released, and only laughed when asked about Canada's other power music couple who have also recorded songs together — the entity known as Chavril.

"I have no idea what you're talking about," she deadpanned. METRO

Allan Waters Humanitarian Award Recipients Chantal Kreviazuk and Raine Maida are seen holding a Juno Award during the Juno Gala in Winnipeg on Saturday. JONATHAN HAYWARD/THE CANADIAN PRESS

Looking for Canada's best calzone or a killer lasagna? John Catucci, who has spent years snacking his way across the country as host of You Gotta Eat Here!, dishes on a few of his can't-miss spots. The show's third season premieres April 4 on Food Network Canada.

5 restaurants across Canada you gotta try

Casa Calzone, Quebec City

This place has been open for years. It's a compact little spot that's so cosy you're sitting on each other's laps. Order la flambé au cognac calzone. When the cognac mixes with the beautiful vinegar dressing, something magical happens.

Calabash Bistro, Vancouver

Good vibes, food, and people. Come here for their special roti stack. Chef Cullin makes his roti from scratch, and it's nuts. So buttery, he layers it with sweet plantain, goat cheese, and then he pours something called coconut rundown all over that stack.

The Jane Bond, Waterloo, Ont.

The Jane Bond is a great community hub. Friendly vibe, live music and terrific food. The eggplant parmigiana sandwich is amazing. Deep-fried till golden, bathed in a tomato sauce, smothered in cheese, and served on toasted garlic bread.

Prairie Harvest Café, Saskatoon

Tucked in a residential area, behind a set of garage doors, Chef Michael McKeown does everything local and from scratch. He's famous for his prairie harvest lasagna, which is braised short rib, pork belly and ground beef layered between homemade noodles and cheese. It's insane.

Una, Calgary

I go in here every time I'm in Calgary. Start with meatballs, then order the mushroom pizza. It's a white pizza: just oven-roasted mushrooms, smoked mozzarella and arugula. The crust is a lovely thin crust that's perfectly crispy and chewy.

Gwyneth Paltrow and Chris Martin ALL PHOTOS GETTY IMAGES

Too-cool-for-Coldplay Gwynnie won't be missed by boys in the band

Regardless of whether it was Gwyneth Paltrow or Chris Martin who decided to go ahead with the couple's "conscious uncoupling," Martin's bandmates in Coldplay are reportedly relieved, having likened Paltrow to Yoko Ono, according to Radar Online. "The members of Coldplay loathed Gwyneth. (She) never made any attempt to bond with Chris's band members, who also happen to be his best friends," a source says. "In particular, guitarist Jonny Buckland and his wife Chloe had hoped to become closer couples friends with Gwyneth and Chris after they had their own two children, but it never happened. Gwyneth just couldn't be bothered because she would rather hang out with her other famous London friends. It was clear that Gwyneth viewed Chris's life with the band as completely separate from her world." But despite that lack of interest, Paltrow still reportedly took issue with "Chris going on tour with the band so much," the source adds. "She always made him feel guilty and said she was stuck at home with the kids while Chris was off seeing the world. But this is his job. Gwyneth knew she was marrying a rock star, and what did she expect him to do?"

Selena Gomez

Selena subpoenaed? You'd better Belieb it

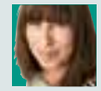
Selena Gomez was just making a normal trip to a convenience store in L.A. recently when she was served with a summons to testify in on-again, off-again boyfriend Justin Bieber's legal dispute with a photographer, according to Us Weekly. Gomez will now have to face questions under oath about a May 2012 incident in which Bieber allegedly kicked paparazzo Jose Duran in the stomach at a shopping mall in Calabasas, Calif. Reports state that Bieber and Gomez left the scene before police arrived. Bieber himself was deposed for a different lawsuit — brought by a different photographer who claims the Canadian pop star assaulted him — earlier this month, though Bieber got belligerent when the line of questioning switched focus to Gomez. "Don't ask me about her again," he repeatedly demanded. Gomez is expected to be subpoenaed in that case as well.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Singer earns RiRi-spect of fashion world



STARGAZING
Malene Arpe
scene@metronews.ca

Rihanna will receive the prestigious CFDA Fashion Icon award. I'm assuming that stands for Chick Finds Drake Adorable.

Angelina Jolie teams up with Stella McCartney for a special Maleficent-themed kids' collection. Unfortunately for all the sweet little tykes out there wanting one of the fun costumes, the collection was completely sold out when Angelina was done shopping for her own children.

A Kanye West photo from a Vogue story shows him as having no mirror reflection. There are a number of reasonable explanations: 1) He is probably a vampire. 2) Someone went too far with the Photoshopping. 3) He is a vampire. 4) He is clearly a vampire.

Jennifer Aniston says tabloids are "toxic." She explains: "Every time I get lonely because I'm old and childless and hug the magazines for comfort, I get a rash."

Lady Gaga says she's not in charge at home as "it's not good for relationships to tell men what to do." Your suggestion about pickled pigs feet and feathers didn't go over well, did it?

There's a very good chance The Backstreet Boys and The Spice Girls could soon be touring together. I've never been happier that I kept my parachute pants and my Union Jack halter top. #onlyslightlymotheaten.

Elton John and David Furnish

New U.K. law gives Elton wedding to tackle, but it won't be a flash affair

With gay marriage now legal and in effect across the U.K., Elton John and David Furnish are planning to make their relationship extra-official with a wedding in May, according to the Daily Mail. John and Furnish had a civil union ceremony when they became legal in the U.K. in 2005 and have two children together. But the upcoming wedding apparently won't be a very flashy affair. "I think what we'll do is go to a registry office in England in May and take the boys with us and a couple of witnesses," Furnish says.

Virtual Winehouse world tour rings hologram, Amy's dad says

Amy Winehouse may rise again to embark on a world tour — as a hologram. Billionaire Alki David says he's planning to utilize the same technology that led to an appearance by a virtual Tupac Shakur at Coachella in 2012 to keep Winehouse's career going. "With an orchestra and her hologram, she can take the stage and fans can see her perform her legendary hits," David tells the Sun. While initial reports suggested that Winehouse's father, Mitch Winehouse, is on board with the plan, he apparently isn't.

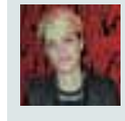
Amy Winehouse

"No truth in the hologram story. Utter rubbish as usual," Mitch posted to Twitter this weekend.

Twitter

@JimCarrey
This is a fun dream. Too bad we have sleep through most of it.

@mindykaling
follow my godson's cool young nanny on Instagram for up-to-date photos but when she posts photos about her life I feel like a pervert



@samantharonson
Either someone left their phone at my house today or this burglar is doing it all wrong.

See that symbol? It means you can scan this photo with your Metro app to watch a video of Gail Vaz-Oxlade giving more financial advice.

LIFE 3

Brown bag it, get your fill of savings

Think inside the lunch box. A packed meal is a steal compared to eating out every day

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Pack your own lunch for a healthier bank balance. ISTOCK

Over and over I meet families who are spending thousands of dollars a year eating out. And over and over I challenge them to give up buying lunches and coffees and substitute food made at home. It's often a hard sell. I'm not sure why, since I love my own cooking much more than the food I can buy in a fast-food joint — though there are times when I have a hankering for something I don't make particularly well. But, on a day-to-day basis, my food is way better than what one of my fams referred to as "outside" food.

On one episode of Til Debt Do Us Part, I handed a gal a lunch box with my face on it and told her to use it. While her hubby was the primary cook in the family and would often make her lunch, she'd leave it behind. She didn't want to give up eating out with her co-workers, so she'd end up spending between $8 and $12 a day on food at work. Hello! $12 a day, multiplied by 5 days a week, multiplied by 50 weeks a year equals $3,000 a year. That's right, THREE THOUSAND DOLLARS. (And those are after-tax dollars!)

Lunch out packs a punch

$3,000

Spending $12 a day on food at work, multiplied by 5 days a week, multiplied by 50 weeks a year equals $3,000 a year.

Creating a lunch for work does take some time and planning. The first thing out of most people's mouths is, "I don't have time in the mornings!" Really? Then get up earlier, lazy! Are you telling me it's not worth $3,000 a year to you (in after-tax dollars) to get up 15 minutes earlier in the morning? Give your head a shake.

One of our household's favourite salads is lettuce, red pepper, watermelon and feta cheese. No dressing needed because the watermelon is so juicy. Yum! You'd be hard-pressed to find a more healthy or delicious salad. And it's dead easy to pack ahead and eat on the go.

Then, of course, there's always the sandwich. Loads of people hate the idea of sandwiches because they have a tendency to get soggy. Easy solution: Pack each ingredient separately and assemble it at lunchtime. Need to keep the ingredients cold? Freeze a juice box or half bottle of water to pack with your cold ingredients. You can do this with homemade iced tea or iced coffee, too.

Salads and sandwiches are, of course, easy. But there are lots of people who want a hot lunch. It's easy if you have a microwave at work. But if you don't or are on the road, consider this marvellous invention called a Thermos. They're brilliant. Soups, fried rice, chili, lasagna, just about anything can go into one. You can make extra for dinner and pack the leftovers for your next day's lunch. To keep the food hot, preheat the Thermos by pouring boiling water in first for a few minutes, then dumping the water out and adding the reheated food.

Some people say they buy lunch because they love the social aspect of eating out. Hey, I'm as social as the next guy. But being social and going broke is dumb. So pick one day of the week when you'll eat out with friends and give yourself something to look forward to. Maybe you'll choose Wednesday (hump day), or Friday to celebrate the end of the week. Whatever day you choose, lunching out once a week instead of five will cut your spending by 80 per cent.

Better yet, start a Lunch Club at work and pick one day a week when you each bring something to contribute to a group lunch. Or challenge each other to find the cheapest good food in your area, and take advantage of the lunch special. All-day breakfasts at $2.99 can't be beat for value.

Be creative. The idea is to have a great life and save some money, at least until you're debt-free. Hey, if you don't owe nobody nuthin', then you can swallow your money to your heart's desire. But if you're in hock, or haven't been saving two red cents for the future, then you owe it to yourself to use all the tricks at your disposal to make your money work as hard as you do.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

METRO CUSTOM PUBLISHING

Tax Talk

Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

Claiming tuition credits and dependant parents

Q I have $25,000 in tuition credits carried forward. Can I transfer it to my student loan?

A Sorry, but the carry forward does not work like that. Students are allowed to carry forward tuition and education credits they can't use until they have enough income to claim them. Tuition and education credits are what we call non-refundable, meaning they cannot create a tax refund by themselves. You have to claim them against income tax you paid during the year in order to use them. Non-refundable credits also have to be multiplied by 15% before you claim them. So your $25,000 in credits will mean $3,750 in tax savings. You can certainly apply your tax savings to your student loan as a lump sum once your get your tax refund, but there is no way to do a direct transfer.

Q My elderly parents live with me. Can I claim them as dependants?

A Maybe. It depends on their age and their income. But if they are older than 65 and have low income, you may be able to claim the $4,490 caregiver amount which means about $673 in tax savings. If they are infirm, this is boosted to $6,530 by the family caregiver amount. And depending on their health, you may also want to explore the Disability Tax Credit if either of them qualifies. If they can't use all of the credit, they could transfer it to you.

Visit *hrblock.ca* for a location near you

Canada's coolest courses

Are you majoring in napping with a minor in surreptitiously checking Instagram under your desk? Consider signing up for one of these three out-of-the-box courses, currently being offered at schools across the country. While we can't tell you exactly what's on the syllabus, we guarantee the content won't make you beeline for your dorm bed.

ELENI DEACON
life@metronews.ca

The Sociology of Hockey in Canada

Here's one for the thoughtful jocks. This University of Regina class examines hockey not just as a game, but as an important aspect of our country's culture with implications reaching far beyond the nosebleeds. Themes on the curriculum include how the sport impacts the economy, social inequality, and Canadian nationalism. It all sounds very studious, but when a disagreement breaks out in tutorial, we imagine it's a gloves-off, sticks-down brawl.

FROM LEFT TO RIGHT : MONTE ISOM / FLICKR, BEAR GRAHAM/FLICKR , KATIEW/ FLICKR

Communication Through Meme

Was Feminist Ryan Gosling really that feminist? What are the social dynamics of planking? And is Doge a radical linguistic visionary or just stupid? Some or none of these questions may be answered in Communication Through Meme, a course at the University of Western Ontario that explores the history and impact of memes, both online and off. Instead of slaving over a term paper, students should just submit a picture of a kitten with "I can has A+?" written in block font in the foreground.

The Art of Breaking

Spin on your head, get school credit. That's the in-a-nutshell premise behind this break-dancing class offered at York University in Toronto. But while technique is integral to the course, it's not all six-steps and freezes. In addition to learning b-boy moves, students also explore breakdancing from a historical and political perspective. Which means graduates gain a deeper understanding of hip hop's cultural context along with learning how to do the worm at parties.

'Round the world wisdom

At times we need others to show us what is possible within ourselves

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

After running four marathons in four days, the long day of the Gobi March brought a new challenge: 85 kilometres, a double marathon. After battling for nine hours with various contenders in my age category, it was now down to two of us with 20 km to go. Sweltering and exhausted in the searing sun, I announced "I can't run anymore, want to jog?" Within minutes, our pace degenerated from a jog, to a brisk walk, to a walk. Done like an overcooked dinner, we willed ourselves toward the finish line, now 15 km away.

It was at that moment that another competitor ran by us as if we were standing still.

I remember panicking; I had everything to lose as I was leading in my age category, but I was emotionally and physically spent. After debating with myself for three minutes if I should, could, or would respond, I decided to try to outrun him.

I never caught up. Although defeated, I later learned that despite losing that race segment, I had managed to run one of the fastest 15 km of my life. Looking back on the event, I was able to move from profound disappointment to an incredible sense of gratitude: I was shown by a competitor what I could do that I didn't know I could do.

Sometimes, we are so completely blind to what we can do.

And too often, we just resent the individual pushing us until we clue in that we often need someone else to push us enough to trigger what is possible within ourselves.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves four. ROSE REISMAN

We've all enjoyed the traditional chicken Parmesan, but let's adapt this into a great family meal, perfect for the kids.

Voilà, chicken fingers Parmesan! So easy to prepare.

The nutritional difference here is that the chicken fingers are baked, not fried, saving you three times the calories — not to mention the fat!

My baked version is flavourful due to the Parmesan breadcrumb coating and the low-fat tomato sauce, which keeps the tenders moist.

You could also try this with turkey breast or white fish fillets! If you don't want to make your own tomato sauce, use your favourite brand. Commercial tomato sauce is a great low-fat addition to any meal, but read the nutrition label for added sugar.

Directions

1. Preheat the oven to 400°F. Lightly coat an 8-inch square baking dish with cooking spray.

2. In a bowl, mix the egg and water. In another bowl, combine the bread crumbs and Parmesan cheese.

3. Dip the chicken fingers in the egg mixture, then the bread crumb mixture.

4. Lightly coat a large, nonstick skillet with cooking spray and place over medium-high heat. Add oil and sauté the chicken fingers for 5 minutes per side or just until cooked.

5. Add half the tomato sauce to the baking dish. Place the chicken fingers over the sauce, then pour the remaining tomato sauce over the chicken and sprinkle with the mozzarella cheese. Bake for 5 minutes or until the cheese has melted. Garnish with the basil or parsley. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

- 1 egg
- 1 tbsp water (or low-fat milk)
- ¾ cup seasoned dry bread crumbs
- 2 tbsp grated Parmesan cheese
- 1 lb skinless boneless chicken breasts (about 4 breasts cut into 16 strips)
- 1 ½ cup tomato sauce (homemade or store bought)
- ¾ cup shredded mozzarella cheese
- 2 tbsp chopped fresh basil or parsley

Make a great mini mac 'n' cheese app

This recipe serves six (two per person). ROSE REISMAN

Here's a great way to put some pizzazz in a mac and cheese classic. Mini meals are the trend today, so I decided to pack this staple dish into won ton shells and serve them as an appetizer.

1. Preheat oven to 425°F. Lightly coat 12-cup muffin tin with cooking spray.

2. Whisk flour, stock and milk in a saucepan until smooth. Place over medium heat and cook, whisking constantly, 3 minutes or until the mixture is hot and thickened. Stir in 3/4 cup cheddar and Parmesan cheeses and mustard. Cook until cheese melts, about 1 minute. Remove from heat.

3. Meanwhile, bring pot of water to boil. Add macaroni for 8 to 10 minutes, until tender but still firm. Drain well and place in mixing bowl. Add cheese sauce and chicken. Toss to combine.

4. Line each muffin cup with two won ton papers, overlapping so ends come out over edge of pan. Fill each cup with 1/3 cup macaroni mixture.

5. Topping: combine bread crumbs, Parmesan and oil in small bowl. Sprinkle evenly over macaroni and top with remaining ¼ cup cheddar cheese.

6. Bake in centre of preheated oven for 15 minutes or until filling is hot and won ton shells are brown. Garnish with the parsley and serve. **ROSE REISMAN**

Ingredients

- 2 tbsp all-purpose flour
- 3/4 cup chicken (or vegetable) stock
- 3/4 cup canned evaporated milk (2%)
- 3/4 cup shredded aged light cheddar cheese
- 3 tbsp grated Parmesan cheese
- 1/2 tsp Dijon mustard
- 1 3/4 cups elbow whole wheat macaroni
- 3/4 cup diced cooked chicken
- 24 won ton papers

Topping:

- 1/4 cup seasoned dry bread crumbs
- 1 tbsp grated Parmesan cheese
- 2 tsp olive oil
- 1/4 cup shredded aged light cheddar cheese
- 3 tbsp chopped parsley

The best of the best

BEST NEW PRODUCT AWARD WINNERS CHOSEN

Canadian Living 2014 BEST NEW PRODUCT Voted by Consumers – Research by BrandSpark –

Love to try new products but not sure which ones you'll be happy with?

The 2014 Best New Product Awards can help you there – and then some.

Now in its 11th year, Canada's largest consumer-packaged awards program puts the spotlight on the best new food, beverage, beauty, health and household products in stores. But what's most significant is that the judges are all regular consumers across Canada.

More than 90,000 Canadians participated in this year's study to choose 88 winning products from almost 300 new product innovations that made it onto the final survey list after an exhaustive search for the most promising new products launched in Canada.

"Most of us like to know which products are recommended by the people who have tried them – and these awards let you know what thousands of real Canadian consumers think," said Robert Levy, president and CEO of BrandSpark International, which is the independent market research firm that developed the awards. "In effect, the Best New Product Awards have become the Canadian shoppers' seal of approval," he said.

"In effect, the Best New Product Awards have become the Canadian shoppers' seal of approval."

— Robert Levy, president and CEO of BrandSpark International

For the program, BrandSpark conducted the most extensive consumer feedback survey in Canada: Participating consumers identified which new products they had purchased and rated them on appeal and key aspects of their usage experience, and also explained why they liked, or did not like, these products.

What did the consumers consider important in new products in the different product categories?

In food products, they said taste, improved health benefits and convenience were key. In health and beauty products, ease of use and effectiveness were most important. In the household products category, consumers loved products that were highly effective and worked the first time they were used. Across all categories, the top products were those that consumers felt delivered great value for their money.

"When shoppers purchase a Best New Product Award winner it means that they're buying a product that has been tried and endorsed by thousands of Canadians just like them," said Levy.

The winning products are being promoted by Best New Products Awards partners including Metro News, Canadian Living and Walmart. Select winners will be identified in Walmart stores with shelf signage.

Visit bestnewproducts.ca for more information.

Select winners available at Walmart

It's full steam ahead for a new kind of frozen entrée

Canadian Living 2014 BEST NEW PRODUCT Voted by Consumers – Research by BrandSpark –

If you shop the frozen meal aisle at the supermarket, you may be familiar with VH® Steamers™. If you've tried any of these exotic entrées, your taste buds aren't likely to forget the experience any time soon. That's because VH Steamers take frozen dinners to a refreshing new level.

NOT YOUR TYPICAL TV TRAY DINNERS

What sets VH Steamers apart from the many other meals you find in your store's freezer aisle? For starters, they come in a wide range of Asian-inspired mouth-watering dishes containing tender meats and crisp vegetables. With 10 great varieties, there's definitely a dish for everyone.

But it's not only the choice of wonderful dishes that makes VH Steamers in a class of their own. It's also their unique DuoTray Steamcooker™ technology. Through the power of the DuoTray Steamcooker, food is steam-cooked in its own juices, locking in flavour and preserving the texture of the meal. The technology consists of two components — the Steamer Basket and the Sauce Bowl.

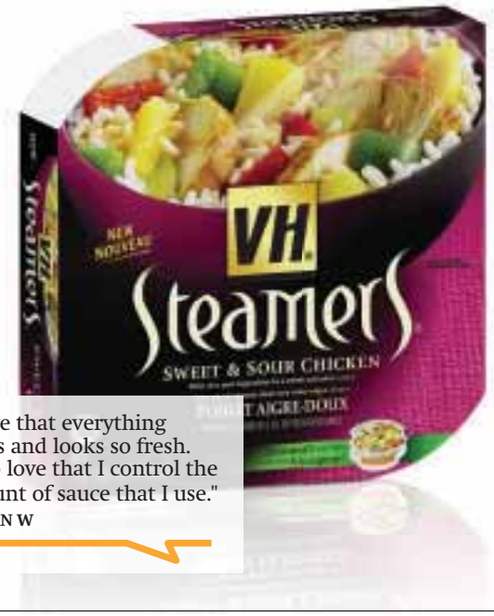
The Steamer Basket holds the vegetables, proteins and pasta. The Sauce Bowl, which contains the sauce and some spices, rests beneath the basket. With a little help from your trusty microwave, steam forms from the sauce, which then cooks the meal in the basket. Once heating is completed, you simply add the contents of the Steamer Basket to the sauce. You can also place steamed food on plate and top it with the amount of sauce you desire. A little or a lot — it's completely up to you.

WHERE IT ALL STARTED

VH has a very unique heritage and story that started in the 1950s with one man's quest to find something more inspiring than the usual North American fare people were accustomed to eating. The man was Vincent Harrison. While on his travels through Asia, Harrison discovered exotic and inspiring tastes he wanted to take home to Canada. His passion was to bring these remarkable flavours and share with Canadians in an approachable way. And so VH was born.

"Today, VH is all about inspiring people to try something new and exciting, with its distinct and flavourful meals," says Paulina Lo, assistant brand manager, VH Steamers. "It's a tradition that began with Vincent Harrison, and it's a tradition we're proud to carry on in every recipe we create."

To learn more about VH Steamers, visit vhcanada.ca.



"I love that everything tastes and looks so fresh. I also love that I control the amount of sauce that I use."
- SUSAN W

Coupon collecting has gone online with penny-pinching blogs, saving sites like Groupon and email offers from businesses. CREATIVA/SHUTTERSTOCK

Quick tips to get your coupon fix

SHELLEY KILMURY
For Metro

According to the Canadian Deals Association website, approximately 6.8 billion coupons are distributed nationally with an average of 86 million coupons redeemed by Canadian consumers each year. Those numbers shed light on the vast volume of coupons released coupled with an equally high volume of redemptions. Interestingly, the top 3 coupon category releases are: household items, personal care and food.

Manufacturer's schedules often dictate timeliness and oftentimes the beginning of the month is when the majority of coupons are released to the public through newspapers, flyer inserts, online and at the point of display in the store. Throughout the cycle, retailers will historically run promotions simultaneous to that of the release of coupon flyers distributed by major producers like Proctor & Gamble, for instance.

Cellphone companies have also honed their craft in delivering deals to consumers by partnering with national retailers to deliver technology-based deals direct to customers' smartphones. Wireless providers know their customers' locations and through location-based promotions, QR codes and discount coupons, consumers are able to locate and act upon immediate discounts, product information and free-with-purchase offers via retail partners.

Dale Summerly, a Winnipeg Tailor, opted to receive push messages from an electronics retailer.

"I have a teenage son who is into gaming, so if I can save a few dollars on a game without having to search for a deal, I will use the digital coupons when they arrive in my phone," says Summerly.

Not only are there thousands of money-off options released each week by companies locally and nationally, but many penny-wise consumers offer tips and share coupons via their blogs and the web domains they have dedicated to the 'new currency' of coupons.

Another popular trend to obtain discounts ties into group buys where consumers sign up to receive email feeds and create an account on sites that work in concert with local restaurants, service providers and product suppliers.

Sites such as Groupon, Dealfind, TeamBuy and LivingSocial are examples of online bulk offerings that send consumers printable vouchers to redeem their purchases.

By watching trends via coupon release timeliness and in-store promotions you can then gauge the best time to use those coupons and stock up on essentials.

Lastly, after clipping and downloading all those coupons, you may also want to consult your weekly hardware store flyer, as you just might find yourself in the market for a larger pantry.

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Links to MB, ND and MN. Highway conditions!
No sign up or email required.

The Blue Jays are hoping to make some noise in 2014 starting today against the Tampa Bay Rays. Scan the image with your Metro News app to see the Jays' projected opening-day lineup.

4 SPORTS

NHL

Red Wings' playoff push steams ahead in Tampa Bay

Desperation fueled the Detroit Red Wings on Sunday night.

David Legwand had a goal and an assist, and Detroit held off the Tampa Bay Lightning 3-2 to move into seventh place in the Eastern Conference.

The Red Wings are trying to stretch their playoff streak to 23 seasons, the longest such active streak in North American professional sports.

THE ASSOCIATED PRESS

NBA

Raptors pull win out of their hat against Magic

DeMar DeRozan had 28 points, Jonas Valanciunas added 20 points and nine rebounds, and the Toronto Raptors escaped with a 98-93 victory over the Orlando Magic on Sunday night.

The win was the Raptors' third in a row and seventh straight over the Magic. Toronto swept the season series 3-0.

THE ASSOCIATED PRESS

World Cup

Cavs capture victory over Indy

Dion Waiters scored 19 points, Luol Deng added 15 and the Cleveland Cavaliers kept their playoff push going with a 90-76 win Sunday over the Indiana Pacers, who are losing their grip on the No. 1 seed in the Eastern Conference. THE ASSOCIATED PRESS

Jays' ace hits reset button on down year

Opening day. Dickey and teammates hope new season and good health turn things around in 2014

After a forgettable 2013, R.A. Dickey hopes to set things straight with the Blue Jays. TORSTAR NEWS SERVICE FILE

Earlier this month R.A. Dickey wrote on Twitter that he felt much stronger this year compared to last, concluding the tweet: "#redo."

"Remember those old Nintendos?" he later explained inside the Blue Jays' spring-training clubhouse in Dunedin. "You're playing a game and you're just getting so frustrated because you can't get past a certain part so you just hit reset? It's a chance to do it differently."

If only it were that easy.

Dickey, who will take the mound here on Monday against the Tampa Bay Rays in his second straight opening-day start, isn't the only one who would have loved to hit the reset button on last year's massively disappointing season. The club's fan base, so desperate for a winner after a 20-year playoff drought, could not have been more let down by the much-hyped Jays' failure to launch a year ago.

Meanwhile, GM Alex Anthopoulos, who made few changes to the team he so flashily assembled a year ago, is betting a reset — and better health — is all it takes for them to hit their stride.

Dickey, for one, says he feels more confident and prepared heading into this season than he did last year, primarily because he didn't have to alter his spring-training routine to prepare for the World Baseball Classic.

"Last year, with the World Baseball Classic, I had to be game-ready a lot earlier in spring than I did this year, because you're competing in basically what came down to an Olympic event. So we just had to really step on the gas and my body wasn't ready for that," he said last week, following his last spring-training start. "This year I didn't have that, I could really take my time and I did take my time. I started a little earlier and I was able to pump the brakes a little bit when I needed to get to a place where I felt very comfortable taking the next step and then the next step."

Dickey was bothered in the first couple months of last season with a nagging back-and-neck injury that limited his velocity in the early part of the season and likely led to his reduced strikeout rate. He said the injury was caused, in part, by his rushed preparations for the WBC.

"A lot of times you labour to get to where you want to get to, and I was labouring last year," he said. "This year I feel like it's coming pretty naturally for me. That's a big encouragement."

TORSTAR NEWS SERVICE

Janssen starts on DL

The Blue Jays placed closer Casey Janssen on the 15-day disabled list Sunday due to a strain in his left abdominal and lower back area.

- The 32-year-old right-hander was 4-1 last season with 34 saves and a 2.56 earned-run average.
- The team also recalled catcher Erik Kratz from triple-A Buffalo.

THE CANADIAN PRESS

Canada's Koe among skips tied for third

Canada's Kevin Koe releases the stone as his teammates Nolan Thiessen, left, and Carter Rycroft sweep the path during their match against Japan in Beijing on Sunday. ALEXANDER F. YUAN/THE ASSOCIATED PRESS

Canada's Kevin Koe was in a four-way tie for third place at the world men's curling championship after splitting his games Sunday at Capital Indoor Stadium in Beijing.

Koe dropped a 9-6 decision to Japan's Yusuke Morozumi in the early draw before improving to 2-1 with a 9-6 victory over China's Rui Liu.

"Obviously it's a long week, but you don't want to get yourself behind the eight-ball early, so obviously it was important to get some stuff figured out," said Canadian third Pat Simmons. "It was a good, gutsy win for us, for sure."

The Calgary-based rink opened the tournament Saturday with a 6-3 win over Denmark.

Norway's Thomas Ulsrud and Germany's John Jahr led at 3-0 after five draws. Canada was tied with Japan, Switzerland and Sweden at 2-1.

Teams are still adjusting to the ice conditions in the warm, humid Chinese capital. There have been some uncharacteristic misses over the first weekend of competition, such as Koe's mistake in the fourth end against China.

"I didn't think I threw it too bad in the fourth," said Koe. "Sometimes you throw it and you think you know what it'll do and it still doesn't do that. So that's frustrating. We're used to a little more out of ourselves, so we just have to realize that it's tough for both teams and we have to stick with it."

The Canadians will play Russia and the Czechs on Monday. THE CANADIAN PRESS

Shabazz Napier cuts down the mesh after his UConn Huskies beat the Michigan State Spartans on Sunday night at Madison Square Garden. ELSA/GETTY IMAGES

Huskies proving to be title 'predators' after upset win

NCAA basketball. After win over Spartans, UConn coach Ollie now 4-0 in March Madness

Shabazz Napier owed UConn.

He could have transferred when academic sanctions barred the Huskies from the NCAA tournament his junior season. But the guard wanted to pay back the school for the joy of a national title his freshman year, for his struggles as a sophomore.

Napier sure did that Sunday, carrying UConn back to the Final Four in front of thousands of roaring Huskies fans at Madison Square Garden. He scored 17 of his 25 points in the second half in a 60-54 upset of fourth-seeded Michigan State.

The East Regional's most outstanding player hit three huge free throws with 30.6 seconds left, making clutch shot after clutch shot just as Kemba Walker did when Napier was a freshman. The Huskies (30-8) rallied from a nine-point second-half deficit to become the first No. 7 seed to reach the Final Four since the tournament expanded to 64 teams in 1985.

"His will to win — you could just see it," said Gary Harris, who led Michigan State with 22 points. "He wasn't going to let his team lose."

The Spartans' seniors become the first four-year players recruited by Tom Izzo to fail to make a Final Four.

"As the game got closer and closer to ending, it was on my mind a lot, every huddle," said big man Adreian Payne, who had 13 points and nine rebounds but was repeatedly pushed to the perimeter by UConn's defenders.

The undersized Huskies matched Michigan State's physical play box-out for box-out, holding the Spartans (29-9) to just six offensive rebounds and six points in the paint.

"We're physical, too," said second-year coach Kevin Ollie, who is now 4-0 in the NCAA tournament. "Don't get it mixed up. We are predators out there."

They face Florida in the national semifinals Saturday, and they'll be confident they can beat the No. 1 overall seed. The Gators have won 30 straight, but their last loss was to UConn, 65-64 on Dec. 2.

Wisconsin (2) faces Kentucky (8) in the other semifinal.

THE ASSOCIATED PRESS

It's over for Izzo

"We got what we deserved today.... You got to bring it every second. And today Connecticut did, and we just kind of weren't as good as we have been."
Michigan State coach Tom Izzo

Louisville's Mangok Mathiang tries to make the T-shirt jersey work during the Cardinals' game against Saint Louis Billikens on March 22 in Orlando. GETTY IMAGES

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Horoscopes

♈ Aries
March 21 - April 20
What some people say and what some people mean will be two entirely different things today. Because of that it's okay to be a bit suspicious, but most people are still honest.

♉ Taurus
April 21 - May 21
You may be more robust than many but some people are ridiculously sensitive and you would be wise to keep that fact in mind today. Say nice things only, for now.

♊ Gemini
May 22 - June 21
Think with your head, not with your heart. The most important thing as the new week begins is to avoid making the kind of silly mistakes that so many other people make.

♋ Cancer
June 22 - July 23
If there is a creative or artistic project you have been struggling to finish the next four or five days will be critical. Either get it done or move on to something new.

♌ Leo
July 24 - Aug. 23
Your dominant position will be challenged over the next few days and you will have to fight hard to retain your status. Anyone who thinks you will roll over does not know you well, which is in your favour.

♍ Virgo
Aug. 24 - Sept. 23
You are advised to hold fire and not be too pushy over the next 24 hours. No matter how ambitious a Virgo you may be there is only so much you can do, so conserve your energy for when you most need it.

♎ Libra
Sept. 24 - Oct. 23
You would be wise to let friends and work colleagues express their opinions today, even if they clash with your own. In the very near future you are going to need their assistance.

♏ Scorpio
Oct. 24 - Nov. 22
If you take a negative view of what is going on you may get stuck in one of those woe- is-me moods that are so hard to shift. Make a conscious effort to look on the bright side.

♐ Sagittarius
Nov. 23 - Dec. 21
There is something that needs to be done. The longer you leave it the more you will have to rush when you do eventually get started and that could lead to mistakes. Make a "to do" list and stick to it.

♑ Capricorn
Dec. 22 - Jan. 20
Find a nice quiet place where you can switch off from the world and get your thoughts together. If you want to find peace in your life you first need to find it in your own heart and head.

♒ Aquarius
Jan. 21 - Feb. 19
If you want to convince authority figures you know what you are talking about, you must back up your opinions with facts. If you can't do that well it would be best if you stayed quiet today.

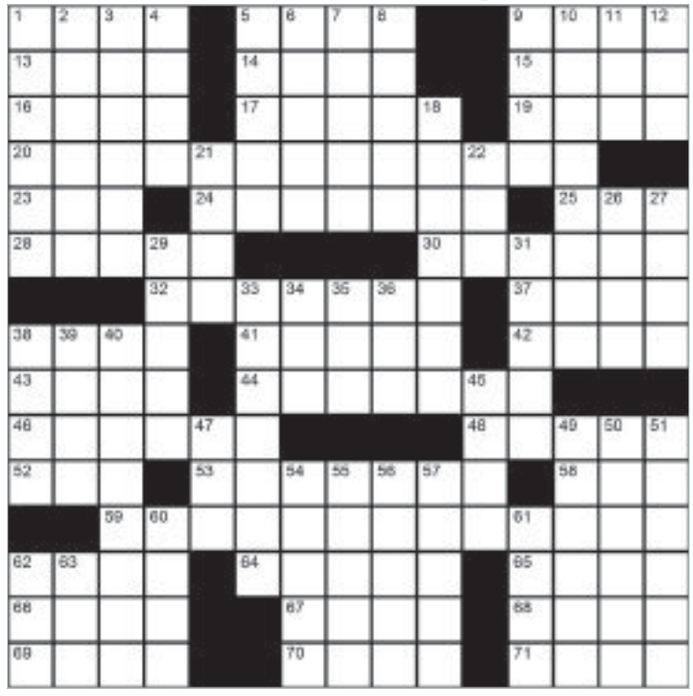
♓ Pisces
Feb. 20 - March 20
Cooperation will go a long way today, especially as so many people seem to be looking for excuses to start a fight. Victory sometimes it goes to those who get themselves organized.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

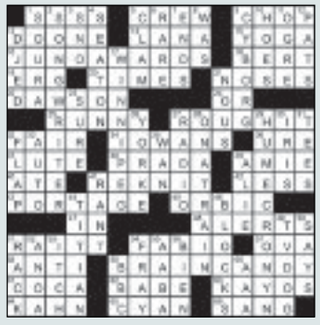
BY KELLY ANN BUCHANAN



Across
1.Tennis shots
5. 9th Greek alphabet letter
9. Sultanate of the Arabian Peninsula
13. _ __ (Together, in music)
14. Instrument-with-sticks
15. Cougar
16. Team
17. Resort destination
19. Spot
20. "Rapper's Delight" band: 2 wds.
23. "_ __ Mine" by The Beatles
24. Nylons
25. 'King' of France
28. Cosmetician Ms. Lauder
30. Not at sea: 2 wds.
32. Canadian designer of Michelle Obama's inaugural gowns: 2 wds.
37. Eye part
38. T. __ Price (Investment firm)
41. Royal __ Golf Club (Championship golf course in Scotland founded in 1878)
42. Possessive pronoun
43. Of a lyric poem
44. In a sick-of-it-all manner
46. Ms. Cardinal, Canadian actress in "Dances with Wolves" (1990)
48. Emily Carr's prop
52. Director Mr. Pollack, for short
53. __ Reuters
58. Cuckoo bird
59. Yuk Yuk's performers: 2 wds.
62. Item-for-a-foot
64. Psalms mysterious-meaning word
65. Many times: 2 wds.
66. Bear: French
67. Planetary travel unit, __. __.
68. Burial shroud
69. Top
70. Physicist Ms. Meitner
71. "I Dream of Jeannie" star Barbara

Down
1. Famous television dog
2. Abhorrences
3. Concern for Joe Oliver as Canada's new Finance Minister
4. "I __ _ ghost!" (Scary movie line, perhaps)
5. Particular potato
6. Root used in perfumes
7. "Tough Guys" all-girl rock band from Toronto
8. Saunter
9. Candid
10. Susan __, Canadian author of The Charcoal Burners
11. Concert's make-the-music-sound-louder thingy
12. Posh opposite of 'Yes'
18. Beached
21. Kirstie's co-star
22. Ms. Rand
26. Humdinger
27. Ms. Lupino's
29. Throw out
31. "I __ __ Papi" by Jennifer Lopez
33. East Coast city: 2 wds.
34. From Madonna's "Vogue": "...boy __ _ girl / If the music's..."
35. Positive gesture
36. Misery
38. Decays
39. Showbiz personality Aubrey
40. Buckingham Palace family, The __
45. Fallon's predecessor
47. Hiroshima's river
49. Went by boat
50. Lotto 6/49 playing option
51. Lend an ear
54. Entertainment journalist Nancy
55. __-faceted
56. __ or neuters
57. Nature shade
60. Try out
61. Spice sort
62. Shed many tears
63. Tint

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		9	8	4		6		
		6						5
5			3			4	8	
	4	1		2	8			
			7	5		1	2	
	7	2			6			9
3						7		
		5		7	4	2		

Friday's Sudoku

2	8	9	6	3	1	7	5	4
5	3	7	9	4	2	8	1	6
6	1	4	5	7	8	2	9	3
9	7	8	3	1	4	6	2	5
4	6	5	2	8	9	1	3	7
1	2	3	7	5	6	9	4	8
3	4	6	1	2	7	5	8	9
7	5	2	8	9	3	4	6	1
8	9	1	4	6	5	3	7	2

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: -9° MIN: -15°	MAX: -8° MIN: -19°	MAX: -3° MIN: -14°

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